



Right Before Exercise

30-60 minutes before exercise, if you are hungry, you should eat some sort of carbohydrate rich snack. Also, this is the time to start hydrating with water.

Try the following:

- Sports drink
- A piece of fruit
- A few crackers
- Granola Bar

Nutrition for Exercise

Pre-Exercise

It is important to have a little food on your stomach before exercise so that you have the fuel to keep your body moving. Eat a meal 3-4 hours before you exercise so that your body has time to digest. Make sure to include some protein in your meal because protein helps to build and repair muscle. Also, the meal should be low in fat and fiber to ensure that your body can digest the food easily. You know your body best, so test out foods that you think will work for you, and try to figure out the best timing so that you feel your food is digested. Try the following:

- Turkey or tuna sandwich with fruit and yogurt
- Peanut butter on whole wheat toast and an instant breakfast drink
- Lean hamburger with a side salad and fruit

After Exercise

The purpose of eating and hydrating after exercise is to restore the fuel and water in your body that was lost. You need carbohydrates because that is the main source of fuel to your body, and you need protein to rebuild muscle tissues. After an intense workout, your body loses electrolytes in sweat, and sports drinks can replenish those electrolytes. One of the best post-workout drinks, however, is low-fat chocolate milk! Try the following:

- Smoothie made with yogurt and frozen berries
- Banana with peanut-butter, low-fat chocolate milk
- Hummus and pita
- Sports bar

Benefits of Proper Nutrition

- The ability to train longer at a higher intensity.
- The ability to delay fatigue.
- Reduce the risk of injury.
- Increase strength and body composition.
- Reduce the risk of cramps and stomach aches.

